



**VOLLEYBALL
DE PLAGE
MILTON ♥ PARC**

At the heart of the community since 1973

Drop-ins

Member

1 access : \$5
10 accesses : \$40
Season pass : \$150

Non-member

1 access : 10 \$

Rentals

Groups of 8 players or more
Between \$35 and \$55 per hour

Events and tournaments

Between \$70 and \$175 per hour

Long term rentals available!

Drop-ins

Adults

60 minutes - \$8
90 minutes - \$11
120 minutes - \$12

Seniors 65+

60 minutes - \$6
90 minutes - \$9
120 minutes - \$11

Mix & Save !

Mix & match two activities to save

2 activities - 120 min./week

Adults: \$110

Seniors (65+): \$80

Adults & Seniors Activities

Schedule

Summer 2019

June 25 - August 31

Preregistration: May 30 - June 2 2019

Registration: June 3 - 17 2019

Our gym is getting a makeover!

**Read our statement
www.miltonpark.org/gym**

Register online or in person:

3555, Saint-Urbain
Montreal (Quebec) H2X 2N6
514 872-0566

www.miltonpark.org



www.miltonpark.org/volleyball



En partenariat avec

Le Plateau-Mont-Royal
Montréal

**ASSOCIATION
RÉCRÉATIVE
MILTON ♥ PARC**

ACTIVITIES SCHEDULE

SPORTS & FITNESS		ADULTS	SENIORS (65+)	
MONDAY (no activities on July 1st)				
Tai chi	10 - 11 a.m.	Free for members		GDP
Gentle Yoga *NEW SCHEDULE*	12 - 1 p.m.	\$65	\$45	CME
Zumba ®	6 - 7 p.m.	\$65	-	CME
TUESDAY				
Outdoor Boot Camp**	6:15 - 7:45 p.m.	\$90	-	JMP
WEDNESDAY				
Gentle Yoga *NEW SCHEDULE*	9:45 - 10:45 a.m.	\$65	\$45	CME
Hatha Yoga *NEW SCHEDULE*	5 - 6 p.m.	\$65	-	CME
Bellydance Workout	6:30 - 8 p.m.	\$90	-	CME
Watercolor (July 3 - 31)	7 - 9 p.m.	\$55	-	GDP
THURSDAY				
Stretch & Tone	9:30 - 10:30 a.m.	\$65	\$45	GDP
Stretch & Tone +	10:30 - 11:30 a.m.	\$65	\$45	GDP
FRIDAY				
Chair Yoga	11 a.m. - 12 p.m.	\$65	\$45	GDP
Kundalini Yoga	5 - 6 p.m.	\$65	-	CME

**Outdoor Boot Camp: the activity takes place outside, at Jeanne-Mance Park and on Mount Royal. The meeting point is at CME. In case of bad weather conditions, the activity will be held at GDP.

LANGUAGE COURSES		\$165
MONDAY & WEDNESDAY		
French beginner 1	9:30 a.m. - 12:30 p.m.	
English beginner 1	9:30 a.m. - 12:30 p.m.	
TUESDAY & THURSDAY		
French beginner 2	9:30 a.m. - 12:30 p.m.	
English beginner 2	9:30 a.m. - 12:30 p.m.	
Spanish beginner 1	9:30 a.m. - 12:30 p.m.	
Spanish beginner 2	1 - 4 p.m.	
MONDAY TO THURSDAY (INTENSIVE - 4 times/week)		
French beginner 1	6 - 7:30 p.m.	
French intermediate 1	7:45 - 9:15 p.m.	
English beginner 1	6 - 7:30 p.m.	
English intermediate 1	7:45 - 9:15 p.m.	
Spanish beginner 1	6 - 7:30 p.m.	
Spanish beginner 2	8 - 9:30 p.m.	

Language courses dates

French and English: August 5 - September 5
(no class on September 2)
Spanish: July 2 - August 1

Locations

CME: Centre multiethnique Saint-Louis
3555, Saint-Urbain, H2X 2N6

GDP: Galeries du Parc
3590, Jeanne-Mance, H2X 2K3

JMP : Jeanne-Mance Park

Terms and refund policy

Visit our website to find out more about our terms and refund policy.
www.miltonpark.org/politiques

